

Taco Soup Weight Watcher Recipe

(3) pts. 1 1/2 cup

1 lb. lean 7 % fat hamburger, browned and drained

1 can diced tomatoes 16 oz drain and
*reserve juices

1 can Rotel tomatoes 16 oz drain and *
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1 can pinto beans 16 oz ...drained

1 can chili beans 16 oz

1 can kidney beans 16 oz ...drained

1 can corn 16 oz ...drained

1 pkg hidden valley ranch dressing

1pkg taco seasoning mix

Cook.. brown and drain off any liquid from the hamburger.... add the *reserved tomato juices* along with the hidden valley and taco seasoning mix...Cook until well blendedthen add all the other ingredients..mix well and allow to cook on medium low until bubbly about 30 minutes..